

**We claim:**

1. A method of reducing side effects resulting from treatment of a human female with analogs or antagonists of gonadotropin-releasing hormone, said method comprising, during, after or during and after said treatment with said analogs or said antagonists of said gonadotropin-releasing hormone, administering to said human female an effective amount of estra 1, 3, 5(10)-triene-3, 17 $\beta$ -diol-17-valerate, said effective amount being effective to reduce said side effects resulting from said treatment of said human female with said analogs or said antagonists.

2. The method as defined in claim 1, wherein said side effects are hot flashes.

3. The method as defined in claim 1, wherein said side effects comprise at least one of cardiovascular complications, breast tenderness, headache, fluid retention, nausea, weight gain and depression.

4. A method of reducing side effects resulting from treatment of a human male with analogs or antagonists of gonadotropin-releasing hormone, said method comprising, during, after or during and after said treatment with said analogs or said antagonists of said gonadotropin-releasing hormone, administering to said human male an effective amount of estra 1, 3, 5(10)-triene-3, 17 $\beta$ -diol-17-

valerate, said effective amount being effective to reduce said side effects resulting from said treatment of said human male with said analogs or said antagonists.

5. The method as defined in claim 4, wherein said side effects comprise at least one of prostate enlargement and gynecomastia.

6. The method as defined in claim 4, wherein said side effects comprise at least one of cardiovascular complications, breast tenderness, headache, fluid retention, nausea, weight gain and depression.

7. A pharmaceutical preparation for reducing side effects resulting from treatment with analogs or antagonists of gonadotropin-releasing hormone, said pharmaceutical preparation comprising an effective amount of said estra 1, 3, 5(10)-triene-3, 17 $\beta$ -diol-17-valerate, said effective amount being effective to reduce said side effects resulting from said treatment with said analogs or said antagonists, in a solid or liquid vehicle with at least one diluent or adjuvant.

8. The preparation as defined in claim 7, wherein said side effects are hot flashes, prostate enlargement or gynecomastia.

9. The preparation as defined in claim 7, wherein said side effects comprise at least one of cardiovascular complications, breast tenderness, headache, fluid retention, nausea, weight gain and depression.